

Ritucharya (Seasonal Regimen for Vata dosha)

Vata undergoes high aggravation in Varsha (mid-July to mid-September)

Agni / Digestive fire is severely impaired in this season. So all of us suffer from Mandagni (Impaired / depleted digestive fire)

If not followed Ritucharya this can decrease the strength of the person, trigger lifestyle disorders.

We must take special precaution to look at daily diet and healthy lifestyle in this particular season and ensure the diet and regimen for every family member suits the Ayurvedic guidelines for this season.

Therefore, all of us must follow specific diet and lifestyle advice this season as mentioned in above list. We must avoid poor nutritional advice and should not eat a lot of fried food in this season!

Varsha Ritu takes place from mid-July to mid-September. This is typically a wet, rainy season, with earth and fire energies rising to the forefront. Your agni is heavily dampened during this season, so it's time to get that fire roaring again.

What to eat

Salty, sour, and oily foods(not outside deep fried unhygienic food) are the star of this season. Although you want your digestive fire to begin to pick up, avoid heavy foods at first and transition slowly through the season. The ideal Varsha diet avoids uncooked foods and Favors warm, freshly-cooked meals. Help your digestion out with ginger and lemon, and eat a lot of thin homemade soups.

Pathya (Good) in Foods for vata

- Carrot
- Cabbage
- Ginger
- · Radish leaf
- · Ash gourd
- · Bottle gourd
- Ivy gourd
- Drum stick
- Lady's finger
- Milk
- Ghee
- · Home made Panner
- Buttermilk
- Butter
- Jaggery
- · Rock candy
- · Sesame oil-for medicinal use
- · Castor oil-for medicinal use
- · Olive oil
- Mustard oil-for cooking and medicinal use
- Coconut oil-for cooking and medicinal use
- · Flax oil-for medicinal use
- · Rock salt
- Himalayan pink salt
- · Ripened mango
- Sweet grapes
- Pomegranate
- Ripened banana
- Anjir
- Jackfruit
- · Musk melon
- Indian gooseberry
- Wheat
- · Jowar roti
- · Ragi balls
- · Old rice
- Finger millet
- Horse gram
- Black gram
- Green gramAmaranth
- Basmati rice
- Green moong beans or whole green gram
- Yellow moong dal
- Fennel
- Raisins

- Coconut
- Dates
- · Jamun
- Almonds
- Muskmelon
- Garlic (Not Raw, to be used in cooking)
- Brown rice
- Cream of rice
- semolina
- Oats
- Ouinoa
- Wheat
- Avocado
- Beet root
- · Fresh corn
- · Green beans
- Onions
- Radish
- · Pumpkin
- Sweet potatoes
- Turnips
- Zucchini
- Goat/sheep mutton (if person is non vegetarian)
- Chicken (if person is non vegetarian)
- Goat/sheep/Buffalo Bone marrow juice (if person is non vegetarian)
- Fish (if person is non vegetarian)

can eat in the form of Bhaaji/Pallya /Soup/Juice/Boiled/Salad/Payasa/Roti /Chapati etc



Apathya (Donts) in foods for vata dosha

- Palak (spinach)
- Cauliflower
- Cluster beans
- Bitter guardUnripen banana
- · Chili flakes
- Fridge water
- · Freeze milk, juice & coffee
- Tea
- Coffee
- Gutkha
- Cigarette
- All type of alcohol
- Safflower oil
- Freeze products
- Supari
- · Betel leaf
- Barley
- Kodo millet
- · Barnyard millet
- Lentil
- Chickpea
- Cow pea
- Butter bean
- Cold and old food(yesterday cooked food)
- Preserved freeze processed meat



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Wake up at 5 am	Have 200ml luke warm water or if you are following our prescription Ksheerabala 101-10 drops with 50ml Luke warm water or 30 ml of Luke warm milk Empty bowel, face wash Sit in a silent clean room Start pranayama as mentioned for 20-30 minutes Start meditation for 20-30 minutes Followed by If you are hungry than you can take anyone item liquid in nature which are mentioned in vata pathya food list as mild breakfast
7.30 am 8 am	Apply coconut or sesame or any medicated oil over body and sit under sun for at least 20 minutes
8 am-8.20 am	Have a bath with warm water in rainy and winter season in summer you may take with room temperature water
8.20 am-8.30 am	Chant some god or goddess names according to your religion it helps to pacify vata dosha
8.30 am-9 am	Anything from vata pathya foods as mentioned in main list according to your convenient
12 pm	Drink water up to one liter slowly and frequently
2.30 pm	Have lunch From above any vata pathya foods as mentioned according to your convenient
7 pm- 8 pm	Have dinner From above any vata pathya foods as mentioned according to your convenient 10pm go to bed

Good activities for vata person

- · Yoga instead of gym
- Meditation
- · Wearing warm clothes in rainy and winter season
- Staying near camp fire in rainy and winter season
- Brisk walking instead of jogging and running
- · Hot water bath in winter and rainy season
- Using Luke warm water in winter season
- Exposing body to early morning sun light

Bad activities for vata person

- · Swimming in cold water
- Upavaasa or fasting is strictly prohibited in vata dosha problem person
- · Going on bike in cold weather without helmet & warm clothes
- · Heavy physical work
- · Heavy exercise in gym
- Over running
- · Over sexual activity
- Over musterbation
- · Late night waking up
- · Over talking
- · Frequent anger
- · Over watching mobile and laptop screens
- Cold water bath in rainy and winter season
- · Over thinking
- suddenly taking bath after having food, one should always have bath first
- · Holding urine and motion for long time

Best Pranayama for Vata dosha management

- · Nadi shodana
- Meditation
- · Bhramari pranayama
- · Ujjayi pranayama
- · Bhastrika paranayama
- Anuloma viloma pranayama
- Suryanamaskara
- Ustrasana
- · Paschimottasana
- Balasana
- Supta virasana
- Dhanurasana
- · Chair Pose (Utkatasana)
- High Lunge
- Wide-Legged Standing Forward Bend (Prasarita Padottanasana)
- · Standing Forward Bend (Uttanasana)
- · Garland Pose (Malasana)
- · Locust Pose (Salabhasana)
- Thunderbolt Pose (Vajrasana)
- · Legs up the Wall Pose (Viparita Karani)

General prescription for vata disorder

- 1.Ksheerabala 101 liquid(swadeshi company) -25 ml pack -buy 2 packs -5 drops with luke warm 50 ml water or 30ml Luke warm milk early morning immediately after wake up after 1 week you can rise by 10 drops daily once a day(Take as per our direction because during preparation of this medicine high quantity milk used in it some people may experience loose motion, if you face such situation no need to worry or panic give 3 days gap and start with low dosage)
- 2.Dashamoola kashayam (AVN company) 2 pack -10 ml with 40 ml normal water- 20 minutes before food twice a day
- 3.Kamadugha with Mouktika (SDP)-2 pack-1 tab twice a day after food
- 4.Anutaila (vaidyaratnam company) -1 pack -5 drops into each nostril at night before going to bed (don't use this if you are suffering from running nose, sinusitis or cold allergy)

Above general prescription is for who don't follow any other prescription given by other doctor for major chronic disorder-like heart, kidney diabetes etc. they should follow only foods and life style as mentioned in this report

If you are interested in taking above prescription medicine which are safe for everyone you can send screenshot to our pharmacy WhatsApp number 7019973559, within 4-5 working-days medicine will be sent to your home by courier and take as per dosage above mentioned

Best Panchakarma treatment for Vata dosha is Basti, Abhyanga, Nasya, Shiro abhyanga etc, duration of this treatment is 15 days ,you have to stay in nearest Ayurveda hospital to complete this procedure cost of this treatment may vary from 20000rs -1 lakh as per facilities provided by respective center, keep in mind after completion of panchakarma treatment person should follow healthy food style life style to maintain best health.

General Instructions

- Early morning after you wake up don't drink water more than 300 ml, excess water makes distended abdomen & gastric issue
- In rainy and winter season water should be Luke warm
- In summer season water should be at room temperature
- Don't add lemon juice honey and any other things to Luke warm water it may cause acidity and vayu disturbance
- Hourly 150 to 200 ml water is enough throughout the day you may Increase in summer season or if you are doing outdoor hard work
- Never drink water one and half hour before food and one and half hour after food in heavy quantity if necessary, take only 100ml, In Between food take water sip by sip only.
- While eating chapati, Maida Non veg or any other heavy to digest items better to have Luke warm water sip by sip during consumption.

Special instruction regarding usage of internet to seek medical help

Never try to check your health problems by searching in google or something else That will be general information not for personal usage, each sign and symptoms on internet link to cancer, kidney failure, heart attack or many other deadly disease which will be not true, personal consultation with your doctor is best way to follow, searching and gathering information on your own may increase heart beat rate, sweating, breathlessness, bloating in stomach, anxiety, panic disorders, fear, sleeplessness, nervous disorders, repeating same mistake you end up with chronic mental disorders for long duration it may take many months to fade away from your memory, because 20 diseases may have same signs and symptoms only experts can guide you.

MONEY BACK GURANTEE --- IF YOU FOLLOW ABOVE ALL THINGS STRICTLY FOR 45 DAYS VATA PITTA KAPHA DOSHA COME TO BALANCE AUTOMATICALLY YOU START TO FEEL VERY COMFORT & HAPPY PHYSICALLY, MENTALLY & SPIRITUALLY, THIS IS ONLY FOR THOSE WHO HAVE MANY HEALTH PROBLEMS BUT ALL DIAGNOSTIC REPORTS ARE NORMAL, AFTER FOLLOWING STRICTLY ABOVE MENTIONED FOOD STYLE & LIFE STYLE & SEASONAL REGIME STILL YOU DIDN'T EXPERIENCE ANY GOOD THINGS YOU CAN CLAIM YOUR MONEY BACK.

Thank You